



 **Tranquility**  
spa & wellness centre

# WELCOME

to the Tranquillity Spa at  
Clayton Whites Hotel.

Your experience in the Tranquillity Spa  
will be remembered for its sheer sense  
of relaxation and luxury.

From the moment you enter the Spa  
until you emerge from the Relaxation  
Room, you will be cocooned in a  
relaxing, pampering environment,  
leaving stress free and invigorated.

Let experts guide you through a  
carefully selected treatment menu  
using the best beauty brands from  
around the world.



# What we offer

## Thermal Suite

Indulge yourself from head to toe in the Thermal Suite. The thermal experience is made up of 7 components: a hydrotherapy pool, steam room, sauna, laconium, plunge pool, heated loungers and lifestyle showers – rainforest showers and ocean mist.

The Thermal Suite is available to be enjoyed for an hour at a time and it is recommended to enjoy the thermal suite before any treatments, to encourage maximum relaxation and rejuvenation.

## Hydrotherapy Pool

A variety of body jets to ease away any aches and pains. The spacious pool is heated and the waters are mineral rich for your skin's needs.

## Steam Room

Relax in this 45+°C wet heat infused with aromatherapy and herbal extracts to enhance your complexion and hair. A maximum of 10 minutes is recommended.

## Sauna

Our classic Finnish sauna has a temperature of 76+ ° C and has a purifying and cleansing effect on the body. A maximum of 10 minutes is recommended.

## Laconium

A dry heat Roman sauna with warm stone seating encouraging your body to relax and soothes muscles.

## Plunge Pool

The cold water plunge pool is beneficial in stimulating your blood circulation, rapidly cooling the body especially after time in the spa, sauna or steam room. The water temperature is maintained between 4° and 8°C. Cold therapy numbs the nerves around the joint, thereby reducing pain and relieving inflammation and muscle spasms.

## Lifestyle Showers

This is a light mist of scented rain over the body to awaken your senses. Enjoy the fragrant tropical rain or invigorating ocean fresh scents.

## Tepidarium & Heated Loungers

Relax into our individual thermal loungers contoured to the shape of your body. Lie back and feel the heat release and ease any pain or tension in muscles and joints.

**The Thermal Suite is complimentary for ONE hour prior to treatments valued over €70.**

***Use of the Thermal Suite is not permitted during pregnancy.***

**Begin your journey to  
Tranquillity today...**

# About our products

Whether in search of ultimate relaxation, in need of a reboot, or looking for premium results-based treatments, we have carefully selected the best beauty brands from around the world.

**Phytomer** is a French marine-based cosmetics brand with a range of toning, firming and anti-ageing products that take both their inspiration and ingredients from the ocean. The name Phytomer translates as 'ocean plants', with the brand's research focusing on the ocean, seaweed and coastal plants. Innovative, intensely relaxing and deeply holistic; Phytomer products create a relaxing atmosphere, complimented by the gentle massages paired with all of the treatments, allowing you to let go for a prolonged sensory experience.

**BASQ NYC** was created for the special skincare needs of expecting and new mums. BASQ NYC offers a compact line of products for the body, featuring rich textures, gorgeous scents and beautiful packaging. We understand it is extremely crucial to select ingredients that are

not only safe, but offer multiple benefits to your skin. Each of our products are plentiful in antioxidants, packed with skin fortifiers and known tightening properties.

**Bomar** is the leading industry provider of quality aromatherapy oils, beauty ingredients and supplies in Ireland. It is a wholesaler to the cosmetic industry, hotels, beauty salons and pharmacies and provides custom packing services and white labelling of aromatherapy oils, soaps, candles and diffusers. With over 3,000 product lines, its extensive range of complementary products include jars and containers, salon hygiene items, student books and kits, soap and candle making accessories. Bomar services its wholesale and retail customers online and through its on-site shop at its premises in Kilcoole, Co Wicklow



# Phytomer ladies facials

## Radiant Mini-Facial

30 minutes .....€70

This is an express facial that incorporates skin cleansing, exfoliation, a mask and moisturising treatment. Perfect for a quick skin rejuvenation for those short on time.

## Hydra Blue Moisturising Facial

55 minutes  
(for dry/dehydrated skin) .....€95

Like a bath for the skin, this treatment will replace lost moisture leaving skin hydrated, comfortable and radiant. For all skins suffering from dehydration or dryness.

## Youth Intervention Facial

55 minutes .....€95

This facial fights the signs of ageing so that you feel good and look younger. It visibly corrects wrinkles and firms the skin. A moment of relaxation and well-being just for you.

## Marine Softness Facial

55 minutes (for sensitive skin) .....€95

A veil of softness for sensitive skin. This is a cocoon facial that softens the skin and heightens its protection system. The result is soothed and ideally hydrated skin.

## Marine Breeze

55 minutes (for combination,  
oily or clogged skin) .....€95

A breath of oxygen for combination, oily or clogged skin. An oxygenating and purifying facial to reduce shine and blemishes. The face regains all of its luminosity, is deeply cleansed and detoxified.

## Eye Perfection Smoothing & Lifting

45 minutes .....€55

A burst of radiance for the eyes. This treatment energises, filters and rejuvenates the eyes.





# Especially for him

## **Radiant Men's Mini-Facial**

30 minutes .....€70

This is an express facial that incorporates skin cleansing, exfoliation, a mask and moisturising treatment. Perfect for a quick skin rejuvenation for those short on time.

## **Tired Leg Reviver**

45 minutes .....€60

Soothe the aches from being active or on your feet all day with this targeted treatment to comfort and ease tired legs.

## **Male Waxing (Patch test essential)**

Back wax .....€35

# Phytomer body treatments for him and her

## **Satin Exfoliating Body Treatment**

30 minutes .....€55

More than an exfoliating beauty treatment: total body care that includes dry body brushing, full salt crystal exfoliation and intense moisturisation. 30 minutes to “renew” the skin.

## **Leg Revival**

45 minutes .....€60

Soothe the aches from being active or on your feet all day with this targeted treatment to comfort and ease tired legs.

## **Thermal Mud Therapy**

60 minutes .....€110

Aches and pains simply melt away with this soothing stress easing treatment. Warm, mineral rich mud, originally designed for use by physiotherapists, is applied to any areas of the body suffering from pain or fatigue. It is highly recommended for the treatment of over exertion, tendonitis, joint pain and muscle stiffness. This treatment combines massage in key areas of the body.

## **Sea Holistic Radiance Spa Treatment**

90 minutes (Face and body) .....€150

Inspired by traditional Thai medicine with unique massage techniques to create harmony between mind and body. Using hot sachets filled with a blend of warming sea salt crystals and ocean spray lavender this treatment melts away tension, restoring balance and inner warmth. This treatment includes a luxurious facial to make you feel completely pampered.



# Body wraps

## Sea Essential Detoxifying Body Wrap

55 minutes .....€90

This warming cocoon body mask, together with powerful deep cleansing and contouring serums, stimulates the body's metabolism and encourages the natural breakdown of excess fat. It will leave you feeling perfectly contoured.

## Sea Essential Contouring Wrap

55 minutes .....€90

The perfect complement to any weight loss or body contouring programme. Lie back and enjoy the refreshing aroma and soothing texture of this iodine free gel that envelopes your body using the best of sea and science.

## Sea Essential Remineralising Wrap

55 minutes .....€90

This cocooning wrap treatment is a real stress reliever, bringing balance to your body and a sense of well-being.





# Basq pregnancy treatment

## Basq in the Moment Pregnancy Massage

75 minutes .....€110

A customised full body massage using safe pre-natal techniques. To help relax, reduce fatigue, release tension, aches, pains and swelling all associated with pregnancy. This massage will help increase circulation and benefit mum to be and baby.

## Basq Baby Bump Treatment

45 Minutes .....€75

This treatment is designed to reinforce the skin with deep hydration and a mega dose of nourishment that targets scars and marks also helping with the tone and elasticity of the bump. To begin, skin is exfoliated through dry brushing and application of basq Lavender Perfect Scrub. Next, the tummy is treated to a layering of our wonderful stretch mark oils and butter which work to replenish deep down while soothing itchy skin. While these absorb, the lower legs are treated to

a massage to assist with circulation and reduce any swelling and heaviness.

## Basq Tired Legs Soother

30 Minutes .....€65

An exfoliating lower leg and foot massage to improve circulation and improve any swelling and heaviness in the legs associated with pregnancy. Whilst the legs are wrapped you are treated to a relaxing scalp massage. It's a wonderful treatment for giving your mind and body a rest.

\*The Thermal Suite is not suitable for guests during pregnancy





# Tranquillity massage treatments

## Indian Head Massage

30 minutes .....€70

## Swedish Back Massage

30 minutes ..... €70

## Leg and Foot Massage

30 minutes .....€70

## Hot Stone Back Massage

30 minutes ..... €80

## Full Body Massage

60 minutes .....€95

## Hot Stone Full Body Massage

60 minutes .....€100

## Full Body Aroma Massage

60 minutes .....€100

If you require a series of massage treatments please ask the Tranquillity Spa reception for details.

# Tender touch cancer care treatments

Lindi Skin has been developed and clinically proven to help with skin which has been compromised by chemotherapy and radiation. After a one to one consultation with an expert therapist, they will create a customised treatment tailored to your specific needs. Touch therapy using Lindi Skin products can help with the following symptoms;

- Hand & foot syndrome
- Anxiety & depression
- Fatigue & stress
- Radiation rash & burn

## Lindi Skin Facial

60 minutes .....€95

This facial treatment helps to alleviate the symptoms of dry, flaky, sensitive skin. Lindi skin products will be used to cleanse, soothe, lightly massage and rehydrate the skin to create visible results. Also included is a relaxing hand or foot treatment to soothe and hydrate.

## Tender Touch Body Treatment

60 minutes .....€95

Light massage using suitable pressure and positioning to help relieve aches, pains and muscle soreness. This treatment will leave you feeling refreshed and rejuvenated.

\*treatments subject to availability

\*Thermal suite not suitable for guests undergoing cancer treatment



# Hands & feet

## Creative Manicure

30 minutes .....€35

Grooming of the hands including cuticle work, a hand massage, exfoliation and file. Nail paint not included but can be an added for €7.50.

**Add on** a Shellac Polish for €15.00

## Tranquillity Spa Deluxe Manicure

55 minutes .....€60

A deluxe manicure including exfoliation, cuticle work, nail file, hand massage and nails polished in a colour of your choice and mask.

## Creative Pedicure

30 minutes .....€45

Grooming of the feet including cuticle work, a foot massage, exfoliation and file. Nail paint not included but can be an added for €7.50.

**Add on** a Shellac Polish for €15.00

## Tranquillity Spa Deluxe Pedicure

55 minutes .....€70

A deluxe pedicure includes exfoliation, cuticle work, nail file, foot and leg massage and nails polished in a colour of your choice.

## Nail File & Polish

Nail File & Polish on Hands .....€15

Nail File & Polish on Toes .....€20

Nail File & French Paint on Hands ...€20

Nail File & French Paint on Toes .....€25

## Shellac Paint – 2 week nail polish.

On like polish. Wears like gel. Off in minutes!!

Shellac on hands.....€35

Shellac on toes.....€40

Shellac removal.....€10



# Waxing

## Waxing (Patch test essential)

|                        |     |
|------------------------|-----|
| Eyebrow wax .....      | €12 |
| Lip wax .....          | €12 |
| Chin wax .....         | €12 |
| Lip and chin wax ..... | €20 |
| Underarm .....         | €15 |
| 1/2 arm.....           | €15 |
| Full arm.....          | €25 |
| Bikini .....           | €15 |
| Half leg .....         | €25 |
| Full leg .....         | €35 |
| Back wax .....         | €35 |

## Advanced Waxing

|                   |     |
|-------------------|-----|
| Californian ..... | €25 |
| Brazilian .....   | €45 |
| Hollywood .....   | €60 |

\*Patch test required before any of the above treatments

## Waxing Combinations

|                                      |     |
|--------------------------------------|-----|
| Full Leg & Californian Regular ..... | €45 |
| Full Leg & Brazilian Regular .....   | €65 |
| Full Leg & Hollywood Regular .....   | €80 |

## Eyes (Patch test essential)

|                                    |     |
|------------------------------------|-----|
| Eyebrow tint .....                 | €10 |
| Eyelash tint .....                 | €15 |
| Eye lash and brow tint .....       | €20 |
| Lash tint, brow tint & shape ..... | €30 |

## Male Waxing (Patch test essential)

|               |     |
|---------------|-----|
| Back wax..... | €35 |
|---------------|-----|



# Spa guidelines

## Spa Reservations

For bookings please call +353 53 917 4291.

Or email us at [tranquillity.whites@claytonhotels.com](mailto:tranquillity.whites@claytonhotels.com)

We recommend that bookings are made well in advance to ensure availability.

## Arriving at the Spa

The Spa is a tranquil area, please remember that guests are here to relax. Conversation and noise is prohibited in the Thermal Suite and relaxation areas.

We recommend you arrive 1 hour prior to your treatment time to enjoy the exclusive facilities in the Thermal Suite.

These facilities are unisex and include the hydrotherapy pool and heat experiences. In separate male and female changing rooms you are provided with robes, slippers and towels for your comfort in the Spa. Refreshments are on offer in our comfortable relaxation area after your treatments. Please understand that late arrival may mean that the scheduled treatment time is reduced or is unable to be honoured.

## Spa Etiquette

Please arrive 15 minutes prior to treatment booking time to allow for time to fill out client consultation cards etc.

Please bring swimwear for the thermal suite and dry undergarments for after your treatments.

## The Treatments

All treatments and packages are available to both residents and non-residents.

Certain packages are only available mid-week, please confirm with the Spa reception.

The Thermal Suite is complimentary for ONE hour prior to treatments valued over €70. Available for €20 for hotel residents and €35 for non-residents.

## Health Concerns

On arrival at the Spa you will be given a health consultation card to fill in. Please advise the Spa of any allergies or medical conditions, i.e. pregnancy, high blood pressure, asthma etc. Some treatments are cautioned for certain conditions, although the Spa team can tailor a programme to individual needs. Use of the Thermal Suite is not permitted in certain cases.

## Cancellation Policy

Groups of 5 or more persons are requested to cancel 5 days before your treatment booking.

Guests who wish to change or cancel an appointment are kindly requested to provide a minimum of 48 hours notice. Appointments cancelled 24 hours in advance will incur a 50% charge.

**Cancellations within 12 hours of the scheduled treatment will incur a 100% charge.**

## Age Restriction

Strictly over 18's only.

## Pregnancy

Use of the Thermal Suite is not permitted during pregnancy.


# That perfect gift

Gift cards can be redeemed against any spa treatments



Purchase in person or online at  
**CLAYTONWHITESHOTEL.COM**



 +353 53 917 4291

 [tranquillity.whites@claytonhotels.com](mailto:tranquillity.whites@claytonhotels.com)

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